

Healthy Relationships	Unhealthy Relationships
Equality You make decisions together.	Control One of you makes all the decisions and is demanding.
Honesty You can share your feelings and thoughts with each other.	Dishonesty One of you lies or hides things from the other.
Physical Safety You feel safe with each other. You're not scared of getting hurt.	Physical Abuse One of you hits, slaps, grabs, or shoves the other person.
Respect You listen and accept each other's opinions, friends, and interests.	Disrespect One of you makes fun of each other's feelings, thoughts, and opinions.
Comfort You feel great being yourself and you are comfortable saying "sorry."	Discomfort One of you might make threats like, "I'll break up with you if..."
Sexual Respectfulness You never force each other to do things you aren't comfortable with.	Sexual Abuse One of you pressures or forces sexual activities the other does not want to do.
Independence You have friends and hobbies outside of your relationship.	Dependence One of you makes threats to do something drastic if relationship ends.
Humor You have fun in the relationship.	Hostility One of you is mean to the other.